

Mango Salsa

Prep time: 10 minutes

Makes: 8 Servings

This sweet and tangy salsa pairs perfectly with grilled or baked fish or chicken. The recipe doubles easily if making for a crowd.

Ingredients

1 mango (peeled, pitted and diced (or 1 cup thawed frozen chunks))

1 tablespoon onion, red (diced)

1 tablespoon cilantro (optional, fresh or dried)

1/4 teaspoon salt

2 tablespoons lime juice (bottled or fresh)

Directions

1. Combine all ingredients in a bowl.
2. Serve with baked tortilla chips.


Source: Colorado State University and University of California at C

Nutrition Information

Nutrients	Amount
Calories	18
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	74 mg
Total Carbohydrate	5 g
Dietary Fiber	1 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	0 g
Vitamin D	0 IU
Calcium	3 mg
Iron	0 mg
Potassium	45 mg

N/A - data is not available

MyPlate Food Groups

 Fruits 1/4 cup